

You're in Charge of Your Boundaries

Recently a friend of mine was complaining about something that an extended family member had done. Rather consistently he was violating her boundaries. She told me that she wanted this to stop, adding, "He really has a problem, and I'm going to talk to him to get him to change!"

The truth is he didn't have a problem at all. She was the one with the problem. He evidently didn't feel any discomfort at all with a situation that for her had become unbearable. It was entirely appropriate for her to talk to him about the problem, but she needed to first accept the problem as being her own.

If you want to change what you're getting out of life, you'll need to see violations of your boundaries as *your* problem. Only then can you take steps to deal with such mistreatment. If you see the problem as being the other person's issue, you'll moan and complain, wondering why he or she continues to do this hurtful or irritating thing.

- "Why won't my children mind?"
- "Why does he keep calling me?"
- "I set a boundary with my roommate, but she won't keep it!"
- "Why can't he see what I need?"

When you accept responsibility for the problem, you'll then be in a situation to change the outcome. If you're waiting for the other person to get as uncomfortable as you are, you may find yourself waiting for a long time!

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